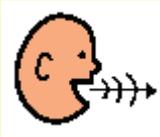




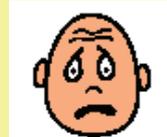
Some pointers for working with adults with Autistic Spectrum Disorders and Communication Problems

These are some of the problems frequently encountered and how you can help.....



Understanding complicated Language

Keep language simple
Use short phrases
Use written or picture lists for complicated jobs
Check the person has understood

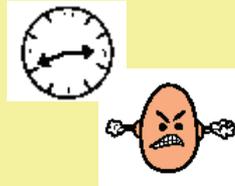


Anxiety about change

Time lines and diaries can help

A picture or word to show "surprise" or something "different" might help with unplanned change

Problems with the concept of time waiting



Waiting for events:
timelines
Waiting in a queue; take something in a bag or pocket to fill time with

Auditory Memory Problems



Short instructions
One thing at a time

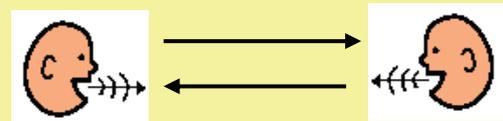
Confused with Choice
Limit choices to one or two at a time.

Time to Process Information

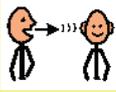


Give instruction—then wait
Some people need a considerable amount of time to process information
Add a picture to written word to back up what you say

Taking turns in talking



Make it Very clear when it is that person's turn to talk e.g. say "its your turn to talk now"



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Inference



Use concrete language:

"That music is a bit loud, isn't it?" needs to be, "Please turn the music down" Don't use Sarcasm; "oh well done!" should mean just that.

Believing "the rules"



People may have very rigid thoughts and follow set rules. Try and learn the rules and accommodate them into the day's routine Be clear about what is about to happen

Lack of Empathy



Understand that a person genuinely cant see your point of view and make allowances Be aware that this person will not "pick up" on your emotions. You have to tell them directly.

Problems planning tasks



Break a task down into clear steps. Identify a goal, a purpose to the task.

Problems starting and stopping



Give a little help in getting started—maybe a physical prompt.

Make it clear when a task is finished

When a communication goes wrong

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Think about what has happened and whether any of these issues caused the breakdown.

Think about how you will use communication strategies next time.....